

**Amendments to the Claims**

This listing of claims will replace all prior versions, and listings, of claims in the application.

**Listing of Claims**

1. (Currently amended) A method for manufacturing a sole, comprising:  
providing at least one receptacle forming a cavity for receiving a stud including a generally oblong fastening projection having at least a first locking means; and  
forming a sole body around the at least one receptacle.
2. (Original) The method of claim 1, wherein the receptacle comprises at least one wall formed integrally therewith, the wall including at least a second locking means.
3. (Original) The method of claim 1, wherein the step of providing the at least one receptacle comprises injection molding the at least one receptacle.
4. (Original) The method of claim 1, wherein the sole body is formed around the at least one receptacle in an injection molding process.
5. (Original) The method of claim 1, wherein a plurality of receptacles are provided.
6. (Original) The method of claim 1, further comprising the step of providing a stud for insertion into the at least one receptacle.
7. (Original) The method of claim 1, wherein the at least one receptacle is formed from a first material comprising a first stiffness and the sole body is formed from a second material comprising a second stiffness.
8. (Currently amended) A sole comprising:  
a bottom surface defining a stud base;  
a receptacle, the receptacle disposed at least partially within the stud base, the receptacle including a flexible wall and a first locking member disposed on an internal surface of the flexible wall; and

a stud including a ground-engaging portion and a fastening projection extending therefrom for insertion into the receptacle, the fastening projection having a generally oblong shape.

9. (Original) The sole of claim 8, wherein the fastening projection of the stud further comprises a second locking member disposed on an external surface thereof, wherein the fastening projection deflects the flexible wall when inserted into the receptacle such that the first locking member and the second locking member engage.

10. (Original) The sole of claim 8, further comprising a cavity formed adjacent the flexible wall of the receptacle for receiving the flexible wall when deflected by the fastening projection.

11. (Original) The sole of claim 8, wherein the first locking member comprises a protuberance and the second locking member comprises a mating recess for engaging the protuberance when the fastening projection is inserted into the receptacle.

12. (Original) The sole of claim 10, wherein the receptacle includes a second flexible wall and an additional first locking member disposed on an internal surface of the second flexible wall and the fastening projection includes a corresponding additional second locking member disposed on the external surface of the fastening projection.

13. (Original) The sole of claim 12, further comprising a second cavity formed adjacent the second flexible wall of the receptacle for receiving the second flexible wall when deflected by the fastening projection.

14. (Cancelled)

15. (Original) The sole of claim 12, wherein the two second locking members are disposed on a first longitudinal side and a second longitudinal side of the fastening projection and the two first locking members are disposed on corresponding flexible walls.

16. (Original) The sole of claim 8, wherein the ground-engaging portion of the stud includes an engagement feature for facilitating removing the stud from the receptacle.

17. (Original) The sole of claim 8, wherein the sole is formed from a first material comprising a first stiffness and the receptacle is formed from a second material comprising a second stiffness.

18. (Original) The sole of claim 8, wherein the sole is injection molded around the receptacle.